

 TRANSNATIONAL LITERATURE *Living on Light*

Suck the moorland's prana into my lungs,
grass, pine, bog, whatever light might reveal;
lie supine, cushioned on soft, soaking moss.
The sun sets twice as I blink,
twice more as I sigh, as thoughts float

in inedia's gloaming, in between times.
*Skin, absorb the light, consume the light,
convert the light to precious sustenance.*
Reality? Only the paper's touch,
as the words wax heavy, too heavy to lift

the book to my eyes, and instead I flick
the pages, run my finger across each
line. Over the loch strolls a yogi,
his legs like strong branches poking
through his dhoti. The sun rests

on his brow. He stops. Limbs settle
in lotus. Glaciers melt in his eyes.
He communicates with silence: places
a palm on my forehead; and confirms, 'yes,
this is true nourishment', with breath alone.¹

Kieran Murphy

¹ An Australian woman, Verity Linn, traveled to the highlands in Scotland and, following the instructions in the book *Living on Light* (written by another Australian woman, Jasmuheen, formerly Ellen Greve), attempted the breatharian diet. Breatharians believe they can get all their nourishment from breath, light and 'universal energy', or 'prana'. Unsurprisingly, Ms Linn subsequently died.

Keiran Murphy. 'Living On Light'.
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